



2025 Iowa Water Fluoridation Census

The Iowa Water Fluoridation Census offers detailed information on fluoride levels in public water systems across the state and is a resource for local public health officials, dental and medical professionals, and community members to support informed decision-making about oral health.

Community water fluoridation is the process of adjusting the natural level of fluoride in drinking water to the optimal concentration of 0.7 mg/L¹ to help prevent tooth decay. While most water sources contain some fluoride, levels are typically too low to effectively protect against tooth decay.

Iowa's 2025 Water Fluoridation

In Iowa, 88.7% of residents received fluoridated water from public water systems. However, only 68.2% percent received optimally fluoridated water (0.6-1.2 mg/L). To find the fluoride level in a certain community, visit the CDC website, [My Water's Fluoride](https://www.cdc.gov/fluoridation/about/index.html). This data is updated monthly by the Iowa Department of Health and Human Services.

Community Water Systems in Iowa in 2025 – Fluoridated and Non-Fluoridated		
	Number of systems	Population served
All Iowa Systems	1,070	2,666,813
Fluoridated		
Adjusted	124	1,470,643
Natural	203	328,704
Defluoridated	1	1,533
Consecutive	209	429,694
Multi-Source	10	133,919
Total	547	2,364,493
Non-Fluoridated		
Non-Adjusted	489	287,075
Consecutive	34	15,245
Total	523	302,320

Facts about Community Water Fluoridation

- Fluoride is natural and is the 13th most common mineral found in the earth's crust².
- Every \$1 invested in fluoride saves \$32 in dental treatment costs³.
- Children in fluoridated communities average two fewer cavities than those living in similar communities without fluoridation⁴.
- Fluoridation reduces tooth decay by at least 25% in adults and children³.

¹<https://www.federalregister.gov/documents/2011/01/13/2011-637/proposed-hhs-recommendation-for-fluoride-concentration-in-drinking-water-for-prevention-of-dental>

²<https://www.cdc.gov/fluoridation/faq/index.html>

³<https://www.cdc.gov/fluoridation/about/index.html>

⁴<https://thecommunityguide.org/findings/dental-caries-cavities-community-water-fluoridation.html>